



Chaplain preaches - Tae Kwon Do style

'Strength through training and discipline'

By **EVA KOWALSKI**
Training Support Center PAO

As Cmdr. Gerald Felder enters the gym, there is a chain reaction of people scrambling to their feet from their stretching positions to assume the Charyot stance, which is the position of attention. He may be the command chaplain, but he also happens to be the new Tae Kwon Do guru at Training Support Center (TSC) Great Lakes. Those who have attended his classes understand the protocol when the Sabumnim, which means instructor in Korean, enters the room to teach.

The class is led in Korean, including references to standing, blocking, punching, and counting to ten during each sequence of an exercise.

"Kong-ne Sabumnim," shouts Chaplain Lt. Derek Schultz, who is a black belt and the second most senior in the class.

The 40 pupils in the room, aligned in rows, react to the instruction with an immediate bow towards Felder, who is a second-degree black belt.

On a physical and even mental level, the Tae Kwon Do philosophy parallels the TSC command motto – "Strength through training and discipline."

"The idea is to condition the body to be able to stand a long duration of continual stressful exercise – it's developing durability, we call it indomitable spirit. Tae Kwon Do has given me the reality that physically I can achieve anything I put my mind to," said Felder, who managed to break 18 shingles in one movement while he was training in Germany.

"It allows you to go beyond the breaking point without breaking – emotionally and

physically. The idea of working for a long period of time and still having the strength to keep going."

Tae Kwon Do is known for aiding in goal setting, improving health, concentration, coordination, muscle tone and balance. Dating back 2,000 years, the martial art form was developed by priests and peasants in Korea as a form of defense against armed aggression.

Felder starts each class with a basic warm-up comprised of jumping jacks, a series of stretches, sit-ups and push-ups before he begins specific exercises that focus on technique and form in punching, blocking and kicking.

Failure to 'ki-yah' at the end of an exercise sequence means ten push-ups, Tae Kwon Do style for his students, which are performed on the tip of one's fingers or with fisted hands.

"Ki-yah is a way of exerting energy, it allows more of your inward self to get into the punch or the kick," explains Felder, who makes spiritual references during the class.

"There is a strong spirituality in Tae Kwon Do. My classes and what I do are always geared around my faith. I am a chaplain, I am a minister. There is no way I can do anything without incorporating my faith into it," explained Felder.

The classes, which began Jan. 17, are held Tuesdays and Thursdays at the Triplex Gym in Bldg. 3 for an hour and a half. They are open to military and civilian staff stationed at TSC and surrounding learning sites.

"I've always been interested in martial arts...I like that this is very physically intense," said HT1 (SW) Jesse Buchanan



TSC staff refine their punching skills during a new Tae Kwon Do class taught by Command Chaplain Cmdr. Gerald Felder. The class is held Tuesdays and Thursdays at the Triplex Gym in Bldg. 3 between 11 a.m. and 12:30 p.m. *Photo by Matt Mogle*

between breaths during the 60-second break, midway through the class.

"I like that you're toning your body while you're learning self defense," added Charlot Davis, a legal technician, who had been planning to take a martial arts class in Kenosha where she lives when she heard about the classes on base.

Felder said he has three goals for his students – develop camaraderie, learn self-defense and to challenge themselves. Opportunities will also be provided for belt advancement for those who want to progress through the various levels. In addition, Felder plans to introduce equipment

such as kicking pads, focus pads and breakable boards to the class.

Felder first became interested in Tae Kwon Do in 1971 when he was stationed in Korea while he was in the Army. A year later he was relocated to Germany where he continued his training in martial arts by learning an Okinawan style of karate. He started pursuing Tae Kwon Do consistently in 1988 when he joined the Navy.

Felder has taught Tae Kwon Do for almost eight years at various locations where he has been stationed including Mayport, Florida, Puerto Rico and Camp Lejeune in North Carolina.

NAVFAC Midwest welcomes PWD Midsouth realignment

By **KRISTEN M. ELLIS**
NAVFAC Midwest Public Affairs Officer

During a ceremony Jan. 20 at Naval Support Activity Mid-South in Millington, Tenn., Public Works Department Mid-South was officially established and became part of Naval Facilities Engineering Command Midwest.

NAVFAC Midwest Commanding Officer Capt. Ramé Hemstreet welcomed aboard nearly 50 new members, but reminded them to maintain their loyalty to NSA Mid-South and continue to provide world-class support and service to customers there.

"These individuals have provided outstanding support and I think they will continue to do so. Our working relationship shouldn't change and I think this is a great move," said NSA Mid-South Commanding Officer Capt. F. Matthew Straughan.

During the ceremony, each of the new command members was presented a plank

owner certificate and command ball cap, signaling the shift to NAVFAC Midwest PWD Mid-South. The new command signs were also unveiled.

This change was part of a NAVFAC and Navy-wide transformation where all of the public works departments realigned under a new public works department template, effective Jan. 22. This was done to standardize and improve the Navy's procedures and processes for managing and maintaining its installations.

It also consolidates authority and the associated resources for all facilities engineering responsibilities and services. With this, as personnel transfer around the globe, they will be familiar with the NAVFAC organization and practices, whether they are in Great Lakes, Ill., or Gaeta, Italy.

NAVFAC Midwest now has four public works departments: PWD Great Lakes,

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Signing a conversation

Rear Adm. Gary Jones, Commander, Naval Service Training Command, Navy Region Midwest, "chats" with a student from the Wisconsin School for the Deaf with the assistance of signing interpreter Melanie McCabe from Goodwill Industries. Forty junior and senior high school students had lunch at Galley 535 during their visit to Great Lakes last week. *For story and additional photos, see centerspread. Photo by Judy R. Lazarus*

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Now hear this!

Free tax preparation is available at Great Lakes by calling (847) 688-4711 or (847) 688-4697

'Navy extends early separation program'

SEE PAGE 13

Find out what's happening at Great Lakes!

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

NAVFAC

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PWD Central, PWD Crane, Ind., and PWD Mid-South. Each PWD is headed by a public works officer who is under the operational control of the installation commanding officer. The PWOs now have full

authority and responsibility of managing their facilities, as well as the resources to accomplish those tasks.

For more information about NAVFAC Midwest, visit www.navfac.navy.mil.

Wives Club offer scholarships

The Navy Wives Club of America gives up to 47 scholarships in amounts from \$1,000 to \$1,500. The grants are presented with the knowledge that no repayment is expected from the recipient.

Those eligible for the grants are the natural-born, legally adopted or stepson or stepdaughter of an enlisted member of the Navy, Marine Corps or Coast Guard on active duty or retired with pay, or the son or daughter of a deceased member of these categories. Any applicant who is not a dependent son or daughter of these service personnel is not eligible.

The individual must be in need of financial assistance to further his or her education. He or she must be a graduate of an

accredited high school or its equivalent, or who will qualify for graduation prior to beginning eligibility for assistance. The student's scholastic standing must be reasonably sound, and he or she should be physically capable of completing the course undertaken and be of good moral character. The grants are for tuition, room and board, fees and books.

The deadline for scholarship applications is May 30. Send a self-addressed stamped envelope when requesting an application. Scholarship applications can be obtained from the following address: Sheila Olson, director; 1408 Needham Ct., Virginia Beach, VA 23456-4818.



Cmdr. Cindy Manning, Public Works Officer Mid-South, prepares to cut the cake as Capt. F. Matthew Straughan, commanding officer of Naval Support Activity Mid-South, and Capt. Ramé Hemstreet, commanding officer of Naval Facilities Engineering Command Midwest, look on. The cake was cut following a ceremony where PWD Mid-South officially became part of NAVFAC Midwest. Photo by Art Frith

NETC education voucher program continues for 06

Opportunities for senior enlisted

By ED BARKER
NETC Public Affairs

PENSACOLA, Fla. - The Naval Education and Training Command (NETC) recently announced that the Advanced Education Voucher (AEV) program, designed to provide advanced education opportunities for senior enlisted personnel, will be continued through fiscal year 2006.

The AEV program is aimed at superior performers in paygrades E-7 to E-9 who have the potential for continued upward mobility, and specifically targets assistance for post secondary, Navy-relevant degree programs. It supports baccalaureate and master's degree completion in designated areas of study.

"AEV is part of the Professional Military Education (PME) Continuum and will help provide advanced education opportunities designed to enhance and reinforce the critical thinking skills of the enlisted workforce of the future," said NETC Force Master Chief (FORCM) Michael J. McCalip. "This is a great opportunity for highly motivated senior enlisted professionals to pursue advanced education goals, and is also a key component of life-long learning within the Sea Warrior continuum."

NETC Advanced Education Voucher Program Manager, Senior Chief Electronics Technician (SW) William McKeithen, urges top-performing senior enlisted personnel to get their applications in early to take advantage of this opportunity to further their education. "There was significant interest in the program and competition was keen for last year's AEV slots," said McKeithen, adding, "I believe the positive feedback from program participants will continue to generate that interest and generate more applicants."

"Broadened perspectives through education are invaluable," said Carrier Airborne Early Warning Squadron 125 Command Master Chief Gordon Brightbill, FY 2005 AEV participant. "While it may come across as cliché, my degree will allow me to look at situations from more than just a few angles, and it opens doors to different opportunities and solutions not just for myself, but for my command and the Navy."

AEV for baccalaureate degree completion is capped at \$6,700 per year for a maximum of 36 months from the date of enrollment and covers 100 percent of tuition, books, and related fees. Total program cost per student is limited to \$20,000. Qualified candidates must have an associate's degree from an accredited institution or the equivalent amount of college credit applicable to the degree being sought.

Fiscal year (FY) 2006 areas of study open for baccalaureate degree applicants include: strategic foreign languages; human resources; human system integration; human performance improvement; systems engineering and analysis; leadership and management; civil engineering; engineering propulsion sys-

tems; industrial management; information technology; nursing; accounting and finances; and electrical engineering technology. There are 25 quotas available for the FY06 selection board.

The AEV master's degree program covers 100 percent of tuition, books, and related fees up to a maximum of \$20,000 per year for up to 24 months of enrollment, with the total program cost per individual capped at \$40,000. Candidates must hold a baccalaureate degree from an accredited institution recognized by the Department of Education.





Areas of study open to master's degree applicants include: emergency and disaster management; human resources; human system integration; human performance improvement; project management; engineering and technology; information technology; systems engineering and analysis; information technology; homeland defense and security; leadership and management; business administration; and education and training management. Five quotas are available through the FY06 selection board.

Applicants should be transferring to, or already on, shore duty with sufficient time left on shore duty to complete the program. Participants must agree to remain on active duty for a minimum of two years or a period equal to three times the number of months of education to a maximum of three years (whichever is greater) after completion or withdrawal from the program. Failure to complete the additional active duty time will result in reimbursement to the government for the costs associated with the advanced education received, prorated for the obligated time served. Senior enlisted personnel who are currently enrolled in a qualifying post-secondary degree program using tuition assistance, or other financial assistance programs, are eligible and encouraged to apply under the AEV program, but reimbursement for any educational expenses incurred prior to participation in AEV is not authorized.

The Master Chief Petty Officer of the Navy will convene the AEV Program selection board in March 2006 and program selectees will be expected to enroll in studies in summer or fall 2006 terms.

Deadline for applying for FY05 programs is February 24. Applications should be forwarded to the Center for Personal Development - Detachment Saufley Field (AEV Program Office), 6490 Saufley Field Road, Pensacola, FL, 32509-5237. See NAVADMIN 019/06 for specific requirements and application guidelines. Additional information about the AEV program can be viewed on the Navy Knowledge Online (NKO) Web site (www.nko.navy.mil) http://www.nko.navy.mil). The quick link is located on the left hand side of the learning page.

For more information on the Naval Education and Training Command, visit <https://www.netc.navy.mil/>.

Gate Status Report as of 25 January		
Gate	Status	Currently is:
3 Hospital	Open	
1 Main Gate (Use #3 or 5)	31 May 06	
4 Cluverius Ave (South of Student Store)	31 May 06	
5 North	30 January 06	
6 RTC Main	Open	
7 Camp Moffett (Use temporary gate at Spaulding & Armed Forces Bank)	1 May 06	
9 Mississippi St (This is the gate to NEX Home Gallery)	Open	



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Capt. R.J. PosteraCommanding Officer
Lt. Cmdr. Melissa SchuermannPublic Affairs Officer
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TSC staff celebrates liberty in memory of King

Command chaplain gives inspirational speech at potluck

By **EVA KOWALSKI**
Training Support Center

It was an opportunity to come together; it was also an opportunity to remember, acknowledge and reflect.

"Today we commemorate and celebrate the birthday of a man, whom I believe, touched the life of a nation," said Cmdr. Gerald Felder, Command Chaplain at Training Support Center (TSC), Great Lakes, in an opening speech.

More than 40 TSC staff members, including Commanding Officer Capt. Glenn Brunner, Executive Officer Lt. Cmdr. Lee Newton and Command Master Chief CMDCM (SW/AW) Glenn Mallo, gathered at Fellowship Hall Jan. 20 to celebrate the achievements of civil rights leader Martin Luther King, Jr. during a potluck and presentation organized by the new TSC Heritage Committee.

The message was simple, yet concise and effective.

Let us remember that freedom does not automatically perpetuate itself, but that it takes men and women who are standing here today and those who have gone before to make an impact, said Felder.

Felder defined the efforts and sacrifices

made by King, which inspired law reformation and social change. During his life and following his death, King helped reduce racial segregation and oppression, eradicate social injustice, expand democracy and eliminate housing and employment discrimination.

He helped us overcome our ignorance of one another, said Felder.

"His assassination stunned the world. In a very real way American people began to realize the importance of the civil rights movement and the importance of the message that he had been trying to give to our nation for years."

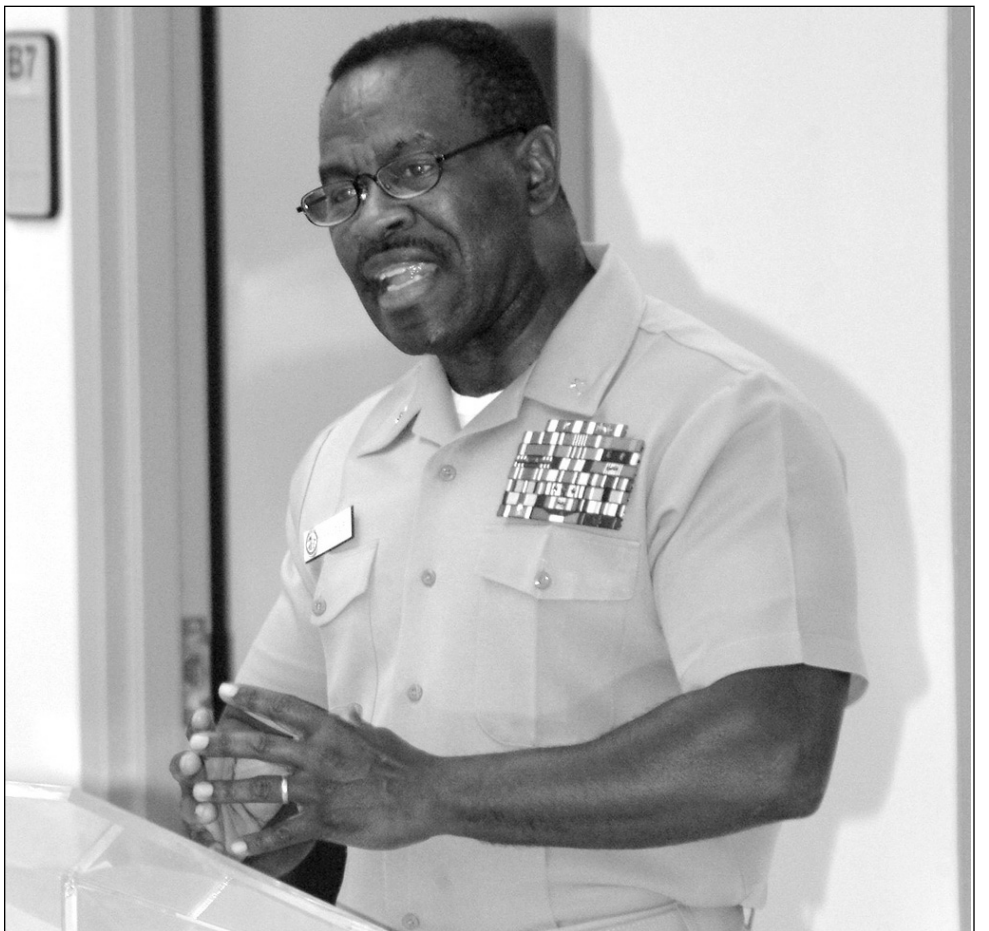
King was assassinated on the balcony of his hotel room in 1968 in Memphis, Tennessee, where he was preparing to lead a local march.

Drawing on his own inspiration as a chaplain, Felder said Dr. King was a passionate believer; he was a man of faith, a man of conviction, a believer in using non-violent methods no matter what the provocation might be.

America has seen the vision and the dream and it has come back to say we must stand firm. The only people who can keep the dream alive are us. Let us remember the contributions that this man made and never forget, he concluded.

Following Felder's speech, staff members joined in a potluck.

NC1 LaRhonda Smith, co-chairperson of the TSC Heritage Committee, also set up a static display with books and other visuals commemorating King for staff to browse through during the event.



Command Chaplain Cmdr. Gerald Felder delivers a message of liberty and hope for the future as inspired by such leaders as Martin Luther King, Jr. TSC staff members gathered at Fellowship Hall Jan. 20 to celebrate King's birthday. *Photo by Matt Mogle*

Dieters shed pounds with healthy choices

By **KAY BLAKLEY**
DECA Home Economist

If memories of the rich foods of the holiday season, lingering a bit too literally around your midsection, have put you in the mood for some New Year's dieting resolutions, consider the sage advice of a fat cat called Garfield before you take any drastic action. Diet is die with a t at the end, the furry feline points out. It takes too long, and you have to exercise...he laments.

Is there an alternative? The folks at your commissary say absolutely yes! A fresh look at our It's Your Choice, Make it Healthy campaign will reveal colorful shelf talkers sprouting up on commissary aisles. Look for neon green and orange tags containing quick and easy tips on incorporating the Dietary Guidelines for Americans into your daily menus.

See how skillfully I avoided the die-t word? Garfield would undoubtedly give me a strong thumbs up! It's all a matter of being an informed

consumer - judging the merits of each and every bite that passes your lips, and fully understanding and following the three primary tenets of the Dietary Guidelines - Find your balance between food and physical activity; get the most nutrition out of your calories; and make smart choices from every food group.

Calories do count - consuming more calories than you burn in physical activity does result in weight gained. Check out the website <http://www.mypyramid.gov> to find out how many calories you need. Just enter your age, sex, and activity level into the calculator on the home page and with one click, you'll have an estimate of your personal daily requirement. Take a look at My Pyramid Tracker while you're there (the final choice in the Subjects box on the left hand side of the home page).

Enter every morsel that's gone into your mouth for one entire day and get a detailed assessment of calories consumed, nutrient

intake, and how your choices stack up against the Dietary Guidelines recommendations. Follow the same routine for physical activity. A few people are pleasantly surprised at these assessments, but lots of folks are totally shocked!

Just how much activity do you need each day? At least 30 minutes, but as much as 60 minutes per day may be required to prevent weight gain. A good way to get a handle on physical activity is to count your steps. Most of us take about 6,000 steps throughout the course of a day, but fitness experts encourage a goal of 10,000 or more. Sounds like a daunting assignment, unless you find practical ways to work it into your normal routine.

On the next trip to the commissary, park your car a little farther from the door, clip a pedometer to your belt to make step counting automatic, grab your shopping cart or hand basket and begin a fun food and physical adventure! Start at the entrance and take a methodical walk of every inch of the commissary.

If your store has a deli/bakery, be sure to stop and order a high nutrient/low calorie lunch. Make it a sandwich on whole grain bun or bread with 3 ounces of lean meat, 1 1/2 ounces of reduced fat cheese, and lettuce and tomato. Add a teaspoon of mustard, if you like, but hold the high-calorie mayonnaise or other high-fat dressing. As you tour the produce department, choose some fresh veggies like baby carrots and celery sticks, and a piece of your favorite fruit to round out your healthy lunch. Add an unsweetened beverage as you pass the drink aisle. Water is always a good choice, since you need about eight glasses a day.

See how many hammer curls you can do with a six-pack of water in each hand. If you're a weakling like me, it will be zero, but just lifting them in and out of the cart a few times counts as physical activity, too. Stop and read the healthy choices shelf talkers along your

— See **DIET** page 8



Sailors of the Quarter

The 2005 Fourth Quarter Navy Region Midwest Sailors of the Quarter (SOQ) were honored at the SOQ luncheon Wednesday at the Port O' Call. Awardees are, HM1(SW/AW/FMF) Willie J. Oliver (top) from Naval Hospital Great Lakes, Senior Sailor of the Quarter for Navy Region Midwest; HM2 Gerunda M. Johnson (center) from Naval Hospital, Great Lakes, Junior Sailor of the Quarter for Navy Region Midwest; and HM3 Israel Rodriguez (bottom) from Naval Hospital, Great Lakes, Bluejacket of the Quarter for Navy Region Midwest. *Photo by FC2 Jason Mosher*

Annual preventive health assessment program detailed

By **LT. CMDR. K. LEEK**
Naval Hospital Great Lakes Population

Annual preventive health assessments have eliminated the need for the five year physical.

The mission of Navy Medicine is Force Health Protection; the ability to keep Sailors and Marines healthy, medically ready, and fit to deploy.

All active duty Navy and Marine Corps personnel are required to have an annual Preventive Health Assessment (PHA). This requirement is established by OPNAVINST 6120.3.

The annual assessment is a face-to-face visit and includes screening tests, immunizations, a review of occupational risks, a medical record review, an assessment of deployment readiness, and counseling that targets the individual members' identified health risk factors and behaviors.

The Preventive Health Assessment program underscores clinical preventive services and also reflects Navy Medicine's dedication to a health care system based on prevention.

Assessment screens the individual health status, the routine periodic physical examination (previously known as the five-year physical) is no longer required effective August 2005.

How to get your Preventive Health Assessment?

Report to the clinic where you normally receive your medical care. Be sure to bring your medical record.

Facility, hours and whether by appointment or walk in are as follows:

200H Family Practice,
0730-1600, Mon.-Wed, Fri & Thursday 0730-1100, Thursday, Walk In

200H Internal Medicine
0730-1600, Mon-Fri, By appointment only

BMC 237
1300-1600, Mon-Wed, Fri,
Walk In

BMC 1007
0700-1500, Mon-Fri, Walk In

The Naval Hospital's Internal Medicine Clinic requires an appointment. Call the TRI-CARE Appointment number, 1-800-941-4501. Ask specifically for a PHA appointment.

For answers to questions, see the PHA POC at your command or call Lt. Cmdr. K. Leek at 688-4560, ext 3176.

Military personnel offered tax season tips

By **ARMY SGT. SARA WOOD**
American Forces Press Service

WASHINGTON (NNS) — Tax season has once again arrived, and military personnel should know several things to make their returns easier and more beneficial, a military official said here Jan. 18.

One of the most notable changes to the tax code this year is the addition of provisions for victims of hurricanes Katrina, Rita and Wilma, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The provisions for hurricane victims are lengthy and complicated, so service members who were affected by the hurricane should seek advice from their installation tax center or the Internal Revenue Service, Fenton said. The provisions can include extensions for tax filing and help for those who lost homes or property, she said.

Service members who spent time deployed have important things to keep in mind when filing their taxes, Fenton said. For example, Iraq, Afghanistan, Bosnia and

Kosovo all qualify as combat zones where military income is tax exempt, she said. For enlisted service members, all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit. For 2005, the limit for officers' tax-exempt income was \$6,529 a month, she said.

Tax-exempt income is a great thing, but it has worked against some service members by exempting them from important credits, Fenton said. Two credits that military members often qualify for — earned income credit and child tax credit — require earned income to be claimed, she said. Starting this year, service members can elect to include their combat zone income to qualify for these credits, she explained. She stressed that this income will not be taxed, but will allow service members to receive credits they qualify for.

“Just because you think you didn’t have earned income due to your combat zone time, it’s worth your effort to go to the tax center and find out if you do qualify for these two important credits,” Fenton said.

Service members in a combat zone during tax season get an automatic extension to file their taxes, Fenton said. Service members have six months from the time they leave the combat zone to file, she said. Service members who are stationed elsewhere overseas have a two-month extension to file.

Almost every military installation offers a tax center for military, retired military and family members, Fenton said. Volunteers at the center are trained by the IRS and military legal office and can provide advice or assistance in filing taxes, she said. Returns filed through the tax center are sent electronically, and people will receive their refunds within seven to 10 days, she said.

“The installations do serve a great benefit to the military member who wants to go and make sure that they’ve gotten the best information they can. They’ve filed it, not only accurately, but taken advantage of any of the deductions and credits that they do qualify for and they may not be aware of on their own,” she said.

Each installation determines its tax cen-

ter’s operating hours and whether people need an appointment to come in, Fenton said.

Military personnel can also get help online with their taxes, Fenton said. The IRS provides a Free File service on its Web site, which lists several tax preparation services, many of which provide free service to military members, she said. The Web site Military OneSource also provides free tax assistance to military members.

“The Internet’s invaluable; it allows you to file your taxes from your own home, if you’re comfortable enough to do that,” Fenton said.

To prepare to file taxes, service members should make sure they have their W-2 forms from the military and any other jobs they had in the past year, Fenton said. Service members should also make sure they have Social Security cards for themselves and their dependents, she said.

For active-duty military members, W-2s will be available on MyPay starting Jan. 21, Fenton said. Retirees and Reservists already have the forms available.

Navy VITA personnel answer tax questions

By **FLTCM(AW/SW) JON R. THOMPSON**

What’s a VITA? A VITA is a volunteer income tax assistant. Most commands throughout the Navy call upon volunteers to receive Internal Revenue Service (IRS) training to assist service personnel in filing their taxes. These income tax assistants provide an outstanding free service Sailors who need tax assistance. If you want to save some money, and avoid having to pay a private tax company to do your taxes, you should consider utilizing a VITA.

Before you gather up all your records and schedule an appointment, it’s important to note what a VITA can and cannot help you prepare. Here’s a quick list of what a VITA can prepare for you:

- 1040EZ
- 1040A with Schedule 1, 2, 3 & EIC
- 1040 with Schedule A, B, EIC & R
- 1040-V
- 1040-ES
- 2441 (Child and Dependent Care Credit)
- 8863 (Education Credits)

- 8812 (Additional Child Care Tax Credit)
- Here’s a quick list of what VITAs cannot prepare for you:
- Schedule C (Profit or Loss from Business)
- Complicated & Advanced Schedule D
- Schedule E (Rents and Losses)
- SS-5 (Request for Social Security)
- 2106 (Employee Business Expenses)
- 3903 (Moving)
- 8606 (Non-deductible IRA)
- 8615 (Minor’s Investment Income)

I suspect most of you file the most popular IRS forms and a VITA can assist you. The VITAs use tax software used by nationally-recognized paid tax service centers. Each volunteer is trained enough to help you fill out your forms and also electronically file your taxes.

For all of us active duty Sailors, according to the Defense Finance and Accounting Service (DFAS), we should be able to access our W-2 forms via My Pay starting 21 January. Between now and then, you should gather up all your tax records,

including 1099 statements and other receipts that may help you gain deductions. When it comes to taxes, you really can’t be too organized.

Most of us electronically file our taxes these days, but there are some things to keep in mind that might save you a headache or two down the road.

First, hard copies of your returns are the most reliable protection. Relying on a tax software program to save each year’s return is probably unwise. While the software is a great tool to prepare your return, you shouldn’t rely on that program exclusively to save your tax return for the mandatory three years. The best and safest way to protect against computer bugs or crashes is to retrain a hard copy of your tax return.

Without going into too much detail about potential deductions and different tax situations, I would recommend you go to the IRS website (www.irs.gov) and review some of the updated information. There is specific guidance for combat deployments, Hurricanes Katrina, Rita and Wilma, and a whole host of other factual information that

might help you file correctly.

The only challenge I can offer when it comes to taxes is to tell the truth, keep copies, and plan early. For all of you who expect a refund, it makes sense to me that you would want to file early. Once you get the refund, put that money in the bank or invest it; the earlier you get it, the more interest you can earn on that money.

I’ll leave you with a final advertisement for our Sailors who serve as VITAs. No matter how smart you think you are when it comes to taxes, each year the tax laws change. Since our VITAs offer their service for free, and are trained by the IRS, what do you have to lose? I know many people who have tried to do their taxes themselves, only to learn later that a tax service was able to get them a larger refund by ensuring they received all the deductions they were entitled to. While taxes are inevitable, I would argue none of us want to pay more than our fair share. Take the time to make sure you get the deductions you are entitled to and then, if you are entitled to a refund, invest that money so it works for you. Good luck Shipmates!

New MH-60R Seahawk introduced to the fleet

By **PH2 LAQUISHA S. DAVIS**
Fleet Public Affairs Center Pacific

CORONADO, Calif. (NNS) — Helicopter Maritime Strike Squadron (HSM) 41 introduced the new MH-60R Seahawk at a rollout ceremony held at Naval Base Coronado, Calif., Jan. 19.

The MH-60R’s missions include anti-submarine warfare, anti-surface warfare, surveillance communications relay, search and rescue, naval gunfire support, logistics support, and personnel transfer.

“Today marks a significant milestone in our Navy’s history as we introduce the most technically advanced helicopter to the Navy’s fleet,” said Capt. Daniel H. Fillion, HSM-41 commanding officer. “It’s going to revolutionize anti-submarine warfare operations by combining the best capabilities of the SH-60B and SH-60F platforms.”

Unlike the SH-60B and SH-60F which it will replace, the MH-60R features electronic support measures, airborne low frequency sonar, a multi-mission radar upgrade (including ISAR), forward looking infrared (FLIR), and a weapons suite including torpedoes and Hellfire missiles.

The MH-60R will be one of only two helicopter airframes used on Navy aircraft carriers once the Navy completes a reduction from the current seven types of helicopter airframes. It is designed to operate from frigates, destroyers, cruisers and aircraft carriers alike.

‘Today marks a significant milestone in our Navy’s history as we introduce the most technically advanced helicopter to the Navy’s fleet.’

*Capt. Daniel H. Fillion
HSM-41 commanding officer*

the project.

“When our folks turn on their television sets and when they see the fine young men and women that are here today operating every single solitary day throughout the world doing your jobs in this global war on terror and keeping us safe, it make us very proud to play a small part in bringing you this capability,” said Martin.

“I’m really excited about this new project,” said Aviation Ordnanceman 1st Class Jesus Morales. “It introduces new technology, which is another tool in our arsenal to fight the enemy anytime, anywhere.”

“It will be cost efficient and more effective because they’re state of the art and they bring new capabilities,” said Vice Adm. James M. Zortman, commander, Naval Air Forces and commander, Naval Air Force, U.S. Pacific Fleet.

Paul W. Martin, vice president of Sikorsky Research and Engineering, said he was proud to be involved in



An MH-60R Seahawk, assigned to the “Seahawks” of Helicopter Anti-Submarine Squadron Light Four One (HSL-41), taxis to its flightline on board Naval Air Station North Island. The MH-60R Seahawk is the Navy’s newest version of the H-60 helicopter series and will replace the SH-60B and SH-60F models. *U.S. Navy photo by JO1 Ahron Arendes*

Navy extends its early separation program

By **SHARON ANDERSON**
Chief of Naval Personnel Public affairs

WASHINGTON (NNS) — The Navy is again offering Sailors whose active-duty obligated service (EAOS) ends before Oct. 1 the opportunity for early separation under another installment of the Early Transition Program.

“With the continued high reenlistment rates and low attrition rates, the Navy can continue to extend this early transition option to our Sailors,” explained Vice Adm. John C. Harvey, Jr., chief of naval personnel. “Sailors have the opportunity to continue service to their country through the Navy Reserve. They may also continue service in the Army through the Blue to Green program.”

Sailors interested in early transition must request a separation date no later than Aug. 15. All requests must be received by PERS-4832 not later than Aug. 1 through their commanding officers. Commanding officers have final disapproval authority for all requests and may grant separation leave, but permissive temporary duty and involuntary separation pay are not authorized.

Sailors who are enrolled in the Montgomery GI Bill program will receive one month of benefits for each full month served on active duty up to a maximum of 36 months. Those discharged under this program who have served 20 months of a two-year enlistment or 30 months of a three-year enlistment will receive 36 months of benefits.

For the first time, Sailors who received an enlistment bonus may request a waiver of repayment for the portion of the bonus for active-duty time not served. Waiver requests must be made as outlined in NAVADMIN 022/06 or repayment will be automatic.

This voluntary program applies to most Sailors in the active, reserve, full-time support and canvasser recruiter communities.



A tugboat assist the dock landing ship USS Oak Hill (LSD 51) away from the pier at Naval Amphibious Base Little Creek, as the ship departs on a "surge" deployment. Oak Hill will join the guided-missile cruiser Vicksburg (CG 69) and guided-missile destroyer USS Roosevelt (DDG 80) on a three-month deployment in support conduct maritime security operations in support of the global war on terrorism. *U.S. Navy photo PHAN Brian Goodwin*

However, it does not apply to selected reserve Sailors (including mobilized reservists), those Sailors under a selective reenlistment bonus or eligible for SRB reenlistment contract. Also ineligible for the early transition are those in the nuclear ratings, SEAL, SWCC, EOD, or Diver programs or who enlisted under the National Call to Service program.

For more information, refer to NAVADMIN 022/06, available at www.npc.navy.mil, or contact your Command Career Counselor.

Navy ships support maritime security

By **COMMANDER**
U.S. 2nd Fleet Public Affairs

NORFOLK, Va. (NNS) — The Navy is surging three ships to conduct maritime security operations in support of the war on terrorism.

The amphibious dock landing ship USS Oak Hill (LSD 51), the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) and the guided-missile cruiser USS

Vicksburg (CG 69) will deploy with their more than 1,100 Sailors for approximately three months.

These ships will work with allies to detect, disrupt, and deny international terrorist organizations the use of the maritime environment. They will also work closely with allies to build regional security and long-term stability.

“This surge reinforces our commitment to providing security and stability on the high seas,” said Vice Adm. Mark Fitzgerald.

Honormen, Award Winners at the Recruit Graduation Review



SR Cameron Brown, Division 061
Phoenix, Arizona
The Military Order Of The World Wars Award Of Merit

The Following Honor Recruits for this week's Recruit Review graduation ceremony will be presented with a statuette of the Lone Sailor by the Fleet Reserve Association: SR Brenton Fitch, Division 061, Tampa, Fla.; SR Kevin Harrington, Division 062, Alice, Texas; SR Kristie Young, Division 063, Buchanan, Va.; SR Amanda Bush, Division 064, Wichita, Kan.; SR Nathan Ribordy, Division 065, Folsom, Calif.; SR Rudy DeLaCruz, Division 066, North Hollywood, Calif.; SR Joseph Reinhart, Division 067, Riverside, Calif.; SR Jeremy Beck, Division 068, Potomoc, Md.; SR Jason Ayoub, Division 910, Allen,



Texas.

The Recruit Chief Petty Officers for this week's Recruit Review graduation is as follows: SR Dillon Sanford, Division 061, Trabuco Canyon, Calif.; SR Gavin McClaskey, Division 062, Portland, Oregon; SR Candace Pitzer, Division 063, Greenville, N.C.; SR Regina Leal, Division 064, Los Angeles, Calif.; SR Jeffrey Hughes, Division 065, Ashland, Oregon; SR Logan Dahnert, Division 066, Quenn Creek, Ariz.; SR Christopher Jantzi, Division 067, Port Orchard, Wash.; SR Thomas Pierce, Division 068, Brantley, Ala.; SR Devon West, Division 910, Gainesville, Fla.



SR Devon West, Division 910
Gainesville, Fla.
Navy Club Of The United States Military Excellence Award



SR Nicholas Crane, Division 910
Memphis, Tenn.
Navy League Award



SR Jason Ketchuck, Division 068
Endicott, New York
Military Officers Association Of America Award Leadership Award



SR Cassandra Livingston, Division 064
Commerce, Texas
United Services Organization Shipmate Award



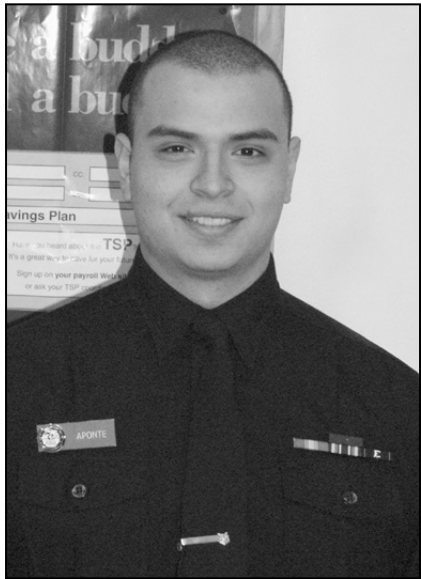
SR Steven Reynolds, Division 068
Mesa, Arizona
The National Society Of The Sons Of The American Revolution Academic Excellence Award

◀●●●●●▶

Viewpoint

Readers Speak Out

This week the *Bulletin* asks its readers to “Name a special goal of your own or some else’s that you would like to experience.”



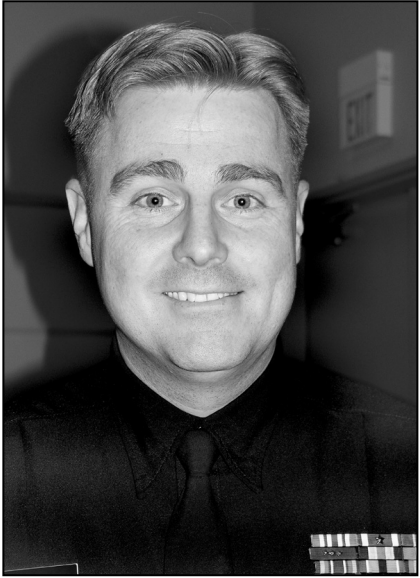
“Being a member of the White Sox winning the World Series after 59 years.”
EM2 Manuel Aponte



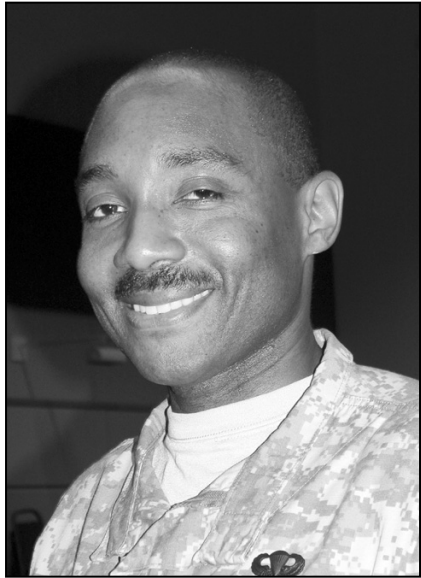
“To graduate from college with a Masters Degree and then going on to a rewarding job of teaching either physical or health education.”
HM1 Chi Patrick



“Making Chief Petty Officer”
HM1 (FMF) Keven Wilson



“Retiring from the service and moving on.”
HM1 (FMF) Craig Hollinger



“It would definitely be when I was stationed at Irwin, Ca. as a CDR. Watching one of my soldier’s receiving her U.S. citizenship.”
Maj. William Harris



“I coach football, and last season we had the opportunity to get to the championship. And even though we didn’t win, just seeing the joy on the faces of the kids that did win, makes me want to experience it with my own kids.”
SSG Paul Knudtson

WHAT happened WHEN

A look back at historic Great Lakes

40 years ago

DoD studies trailer rates

The Department of Defense is studying the trailer allowances, now limited to 51 cents to ease the burden on service trailer owners when they are transferred. A spokesman said that the department has received a number of complaints that the present allowance does not meet the increasing costs faced by many servicemen. The present allowance of 51 cents a mile was approved in 1964.

for humanitarian reasons.

20 years ago

Nation mourns astronauts

Great Lakes, as well as the nation, mourns the tragic loss of the seven astronauts aboard the Challenger space suddenly exploded shortly after lift off Tuesday. We salute – and remember them: Michael Smith, Judy Resnik, Ronald McNair, Francis Scobee, Ellison Onizuka, Gregory Jarvis, and Christa McAuliffe.

10 years ago

Microwave warnings

The NTC Great Lakes Fire Department (GLFD) notes that over 120,000 scald burns are treated in emergency rooms each year. The department warns that infants can receive scald burns from liquids and solid foods that have been prepared in a microwave oven. Parents should test the temperature of the baby’s food before feeding the child.

Fire Dept. gives tips on surviving a home fire

Many home fires happen at night, between the hours of 11 p.m. and 6 a.m., while most of us are sleeping. Make sure your family can protect itself by knowing how to survive.

By following these steps, you and your family will increase the odds to survive a fire:

- Smoke detectors should be installed on each level of your home and outside each sleeping area. If you sleep with the bedroom door closed, install a detector in the bedroom. Smoke detectors sound an early warning while escape is still possible. Test detectors monthly and replace the batteries twice a year.
- Have a home fire escape plan. Draw out your home on paper and mark at least two exits from each room. Make plans for

family members that may need assistance, the very young or old. If exits include windows, make sure they can be easily opened and if they’re high, have escape ladders available. Designate a place for everyone to meet once they get outside.

- Practice your plan. Have one practice with family members using their primary exit and another where the secondary way out is used. If necessary, make changes. Fire drills aren’t just for school.
- If possible, sleep with the bedroom doors closed. In the event of a home fire they can hold back smoke and fire, increasing your time for escape.
- When awakened by your smoke detector, roll out of bed and crawl to your bedroom door. Test the door with the back of your hand, for heat.

Great Lakes Tyke

Age: 5

I live in: Great Lakes

I live with: Mom and Dad

My pets are: Doggie

I help around the house by: I get dressed in the morning

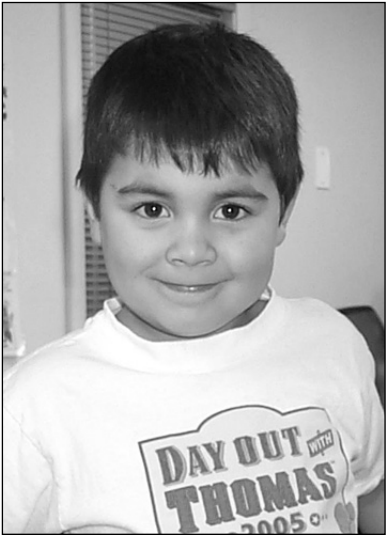
My favorite book is: Scooby Doo

My favorite cartoon is: Ed, Edd n Eddy

My favorite food is: Spaghetti

My favorite toy or game is: My V-Tech

My favorite color is: Black



Richard Francis Burton

My favorite thing to do is: Play with my friends

When I grow up I want to be: A hulk - He has big muscles and he fights bad guys.

Information, Tickets & Travel

Building 400, 688-3537

Information, Tickets and Travel (ITT) Bldg. 400, 688-3537

Hours of Operation: Mon.-Fri.: 10:30 a.m.-5:30 p.m.; Sat.: 10 a.m.-Noon; Sun. & Holidays: Closed

Tickets available through the ITT Office include Metra, the Hancock Building, Medieval Times, Spirit of Chicago, Walt Disney World, Universal Studios and much more!

MWR Offers FREE Chicago Wolves Hockey Game Tickets!

For the fourth straight year, the Chicago Wolves and the MWR Department are offering 100 FREE tickets to each and every home game at the Allstate Arena in Rosemont, IL. All eligible MWR customers may stop by the ITT Office to sign-up (at least two days prior to the game of choice) to receive a voucher (good for up to four tickets) for any home game per month (additional tickets are permitted if availability exists). Customers must present the voucher at the Arena's VIP ticket window on the day of the game to receive their FREE tickets. Sign-up at least two days prior to the game of choice...

LEISURE TRAVEL OFFERS including Discount Cruises...

For duty station personnel, Fox World / American Express* will be available to provide travel assistance throughout the year for everything from emergency trips home to off-duty vacations and dependant travel. Military discounts are available on a number of tours, cruises and packaged vacations. Local contact is 847-234-5877 or 877-805-9157 outside Illinois; they can also be found on the web at www.gofox.com.

Of special interest will be Fox World's cruise offerings which will include military rates on Carnival as well as other lines. They are in the process of establishing a schedule to have an agent on duty at the ITT Office to book this travel, and answer all questions.

Entertainment Books

Ask about ITT's Chicago North Entertainment books! Only \$30 per book saves you bundles at area restaurants and gets you deals on movies, shopping, theaters and much more!

Stop by the ITT Office for information on Amtrak Services!

Ace Rent-a-car O'Hare Valet Parking...

\$12/day valet (right off Manheim Road). Buy three days and get the fourth day free! They shuttle you to your terminal and pick-you up! Call the ITT Office for full details.

Commemorative Bricks

Etch your name in Great Lakes' his-

tory by purchasing a Commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office today!

Holiday Inn Hotel & Suites Chicago Downtown

Now serving Great Lakes with discounted rates from \$79/Night (King or 2 Double beds). Located on Harrison St. at Canal St., 4 blocks south of the METRA Kenosha North Line stop and 2 blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's. Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum Campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel. Offer subject to availability. Stop by the ITT Office for additional information or visit www.hidowntown.com. For advance reservations call 312-957-9100 and ask for the NAVY rate.

Need a weekend get-away?

\$44.99 per night (double occupancy) at Extended Stay Hotels is offering special military rates for Extended Stay America - Vernon Hills, Homestead Studio Suites -Vernon Hills and Crossland - Waukegan for Friday, Saturday, or Sunday nights. Whether you choose Extended Stay America, Homestead Studio Suites, or Crossland you can make yourself at home in our studio suites with fully equipped kitchens. In addition, all local phone calls are free and each hotel is pet friendly. Onsite guest laundry facilities are available 24 hours, daily.

Relax and enjoy the weekend at our hotels centrally located in Lake County off I-94 and minutes away from nearby shopping as Hawthorn Mall or Gurnee Mills, restaurants, golf courses, and movie theatres. Special military rates are also available for longer term stays over seven nights. Stop by the ITT Office for additional information or visit www.ExtendedStayHotels.com. For advance reservations call: ESA Vernon Hills (847-821-7101), Homestead Studio Suites Vernon Hills (847-955-1111) or Crossland Waukegan (847-688-0402).

Laugh a lot at ComedySportz in Chicago

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

Spirit of Chicago Harbor Cruises!

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago!

Rinkside Sports Fun Passes!

ITT offers Rinkside Sports Fun Passes for only \$12, located in Gurnee Mills Mall. The Fun Pass includes a \$5 Fun Card to be used for video games, one admission to the Ice Skating Arena, one skate rental, one laser tag game, one free slice of cheese pizza and a small soda (a \$25 value). Use the Fun Passes to host your child's next birthday party!

Metra Tickets

ITT has METRA commuter train tickets on sale! The cost is \$4.50 for a round trip ticket, or \$2.25 for a one-way ticket from North Chicago to downtown Chicago, a savings of over 50% off the regular ticket price. Avoid the stress of driving and high parking fees. Let METRA take you on a one-hour leisurely train ride downtown to experience some of the best restaurants, theatres, museums and entertainment Chicago has to offer! These METRA tickets are available to Active Duty Military, only.

Ask about ITT's Chicago CityPass!

Visit six attractions at one low price with no ticket lines: The Art Institute of Chicago, The Field Museum, The Museum of Science and Industry, The Adler Planetarium and Astronomy Museum, The Shedd Aquarium and Oceanarium VIP and The Hancock Observatory! \$47-Adult and \$38-Child ages 3-11.

Tickets on sale at ITT...

Medieval Times Dinner and Tournament! Adult-\$47, Child-\$35. Experience a night of jousting, sword fighting and feasting at this extraordinary dinner tournament! Buy ITT tickets and go to the head of the line...

The Hancock Observatory takes you to the top-and one step beyond!

The Hancock Observatory, in the heart of Chicago's Magnificent Mile, gives you a one-stop tour of Chicago... Step out into the wild blue on "Skywalk," Chicago's only open-air viewing deck! Best of all, experience Chicago's finest views, spanning 80 miles, 4 states and 360 degrees! ITT Hancock Observatory Admission Fees: \$8.00-Adult; \$5.50-Child. The Hancock Observatory is located at 875 N. Michigan Avenue, Chicago, IL 60611

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

Fri., Jan. 27
6 p.m.



AEONFLUX

PG 13~For sequences of violence and sexual content. (93 Min.)

Fri., Jan. 27
8:30 p.m.



KING KONG

PG 13~For frightening adventure violence and some disturbing images. (187 Min.)

Sat., Jan. 28
6 p.m.



DERAILED

R~For strong disturbing violence, language and some sexuality. (110 Min.)

Sat., Jan. 28
8:30 p.m.



RENT

PG 13~For mature thematic material involving drugs, sexuality, and for some strong language. (135 Min.)

Sun., Jan. 29
3:30 p.m.



CHEAPER
BY THE
DOZEN 2

PG~For some crude humor and mild language. (120 Min.)

Sun., Jan. 29
6 p.m.



SYRIANA

R~For violence and language. (126 Min.)

The movie schedule is subject to change without notice.

For up-to-date information,
call the MWR Scoop Line at 688-2110, ext. 697,

24 hours-a-day or check the web site at

www.mwrgl.com



Places to dine • Places to go

The Port O' Call Banquet and Conference Center

Pub 140 Staff Lounge 688-6946. Bldg. 140

(located in the Port O' Call Banquet and Conference Center)

New Menu...

Experience the Pub's new menu including zesty jalapeno poppers, creamy mozzarella sticks, and classic turkey and Italian sandwiches!

Come and enjoy the beautiful Lake Michigan view, and pleasant atmosphere!

-Pub 140 offers a limited menu until 7:30 p.m., Wed.-Fri.

-PUB 140's hours of operation are Wed.-Fri., 4-9 p.m.

-PUB 140 is open to all Staff Members!

-PUB 140 is located in the Port O' Call in Bldg. 140.

-Pub 140 has a wide screen TV!

-For more information, call 688-6946.



Naval Station

GREAT LAKES



Morale, Welfare & Recreation

Chaplain's Corner



How to cope with transition and change

By LT. SHELBY R. SEELINGER
CHC, USNR

Transition by definition denotes a change is taking place. The change, just to name a few, may involve plants, animals, people, the environment, and even time. The changes occur on a macro and a micro level.

Other words we like to use as a substitute for transition are evolving and changing. How many times have you heard someone say, “We are changing the way we do things.” The corporate world, though, seems to like the word transition. We are transitioning the way we conduct business. The Navy is evolving as we engage new technology constantly seeking to improve the way we conduct operations. All these are simply ways of telling others that things are not the way they used to be and may not be the way they will be tomorrow. We are, after all, in a time of constant transition.

Our personal lives are in a constant state of transition as well. Some of you are just beginning your naval career, some are in the mid-stage, and some are in the twilight of their careers. All of us, though, daily face a life in transition.

Change is at times frightening. An evolving situation is rarely clear as to the ultimate outcome. Some say there is no way to anticipate change so they just take it as it comes. These persons are sometimes described as having a lackadaisical approach and simply not engaging in life. Some say they cannot handle change and refuse to accept the inevitable. These people are often described as having their heads buried in the sand.

Change will occur whether we engage in it or not. Still others plan their lives down to the last detail, leaving nothing out and not allowing for any spontaneity. The answer here would seem to be revealed in an old

saying: the best laid plans of mice and men.

How then do we deal with the uncertainties, doubts, and fears that we face daily? Certainly we can, and should, make plans. These plans, though, need to be flexible enough to allow for fluctuations (another word for transition) yet structured enough to facilitate the mission or goal accomplishment.

Think about the outcome. What does the final version resemble? Are our plans realistic and achievable? Realize your plan may not be perfect, and allow for corrections along the way.

A U.S. Army Colonel once told me even a bad plan executed with boldness and daring has a chance for success. Secondly, we need to seek the advice and guidance of others. There are persons who will gladly help you. Discernment here is key. You must always take their advice and weigh it against the desired outcome. Look at things in retrospect and evaluate them.

Additionally, although certainly not last, an active prayer life will help. Having a spiritual relationship with one’s Creator is always a positive. Scripture tells us that we should bring all things to God and seek God’s guidance and involvement.

As I look back on a career covering 32 years I realize the Navy today is not the same Navy I joined when I was 18 in 1973. The Navy has changed and myself as well. I have learned much and hopefully contributed to the evolution of our Navy in some small way. I have been blessed to work with some of the finest people ever to wear the cloth of their country. I have sailed around the world and been in over 35 countries.

As I prepare for my retirement I face tomorrow with some uncertainties. I do not know exactly what the future holds but I do know Who holds the future.



The Perry-class guided missile frigate USS Ford (FFG 54) is currently on deployment in the South China Sea as part of the aircraft carrier USS Nimitz (CVN 68) battle group. U.S. Navy photo by PH2 Christopher Ware.

Two civilians rescued

FROM USS FORD PUBLIC AFFAIRS

EASTERN PACIFIC (NNS) — USS Ford (FFG 54) rescued two civilians at sea in the early morning hours of Jan. 19 in the Gulf of Tehuantepec, off the west coast of Mexico.

The ship was on a routine patrol when it was notified by U.S. Coast Guard District 11 in Alameda, Calif., of a vessel in distress. The ship altered course and increased speed toward the vessel to investigate and render assistance.

Once in the vicinity of the distressed vessel, the ship launched one of its SH-60B Seahawk helicopters, along with a rescue swimmer, to investigate the distress call. The helicopter crew deployed the rescue swimmer, and rescued one male and one female on the sailing vessel Eclipse.

The helicopter returned the rescued couple to the Ford for medical evaluation and to assist in returning them ashore.

Ford is an Oliver Hazard Perry-class Frigate, homeported out of Everett, Wash.

Getting ready for retirement

By LCDR TOM CREELEY
USN Ret.

Following are some suggestions from a recent retiree:

1. Plan your retirement early, as soon as you enter the Navy.
2. Identify your second-career interests.
3. Determine your retirement financial needs.
4. Stay current with the education

demands for and changing trends in your second career.

5. Network and build a circle of contacts.
6. Attend retirement-related workshops and seminars.
7. Don’t be afraid to seek counseling to sort out the changes in your life.
8. Warn your family about upcoming physical and emotional changes.
9. Have fun, and enjoy the ride from military to civilian life.

Prayer breakfast takes place Feb. 9

Naval Hospital Great Lakes will host the Great Lakes Area National Prayer Breakfast on Feb. 9 at 7 a.m. in its main galley. The breakfast line will open at 6:15.

Rear Admiral Gary R. Jones, Commander Naval Service Training

Command, Navy Region Midwest will be the keynote speaker. Cost for the breakfast is \$1.95 or use your meal card. Uniform is either khakis or working blues.

For tickets or information, contact local chaplains or NHGL Pastoral Care Services at (847) 688-2384.

Worship today in the faith of your choice

Command Religious Program Schedule

Catholic

Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
Sun., 10:30 a.m. Sunday MassNaval Hospital All Faiths Chapel
Sun., Noon Sunday MassForrestal Village Chapel
Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
Sun., 10:15-11:30 a.m. CCDBldg. 122
Sun, 10:15 a.m. Adult EducationBluejacket Memorial Chapel

Protestant

Wed., Noon Praise, Word and WorshipNaval Hospital All Faiths Chapel
Sun., 10:30 a.m. Protestant WorshipBluejacket Memorial Chapel
Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Full Gospel Service (Pentecostal)

Sun., 10:15 a.m. Sunday School adult & childrenBluejacket Memorial Chapel
Sun., 11:45 a.m. Morning WorshipBluejacket Memorial Chapel

Wed., 7 p.m. Bible Study, adult & childrenBluejacket Memorial Chapel
Mon., 7 p.m. First Monday of month Bible Study/Fellowship, Men & WomensBluejacket Memorial Chapel
Fri., 7 p.m. First Friday of month Youth Victory Service ..Bluejacket Memorial Chapel

Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m.Naval Hospital All Faiths Chapel

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Hospital All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

SportScene

Great Lakes Fitness Center

Bldg. 2A, 688-5649

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center. Special features of the Center include a Weight Room area that boosts over 75 weight machines, 4,500 pounds of weight plates, as well as Body Master plate-load equipment.

The Cardio Room includes Treadmills, Crosstrainers (Ellipticals), Lifecycles, Stepmills and more - complimented by personal screen televisions for viewing pleasure while working out. An Aerobics and Spin Studio offer various group exercise

classes. Massage Therapy is available during the week and appointments can be made at the Front Desk. Plus, saunas, and locker and towel services are available. The Naval Hospital Health Promotion Office is also located in the Great Lakes Fitness Center.

The Great Lakes Fitness Center has "New Extended Hours!" Mon.-Thurs, 5 a.m.-9:30 p.m.; Fri., 5 a.m.-8 p.m.; Sat., 7 a.m.-6 p.m.; Sun., 11 a.m.-5 p.m. For holiday hours a sign will be posted at the Center.

Massage Therapist

Sports Massage, Swedish Massage, Therapeutic Massage and "New" Hot/Cold Stone Massage! Make an appointment with our Massage Therapist today! Stop in for a 5-minute Chair Massage- Tune-Up (when Therapist is open) on Monday and Wednesday, 3-6 p.m. and Friday, 11 a.m.-1p.m. "New" Saturday appointments are now available by paid appointments, ONLY. (See front desk for further information).

Call the Great Lakes Fitness Center at 688-5649 to make an appointment today.

Aerobics Classes

Aerobics fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes are subject to change without notice. All classes take place in the Aerobics/Spin Studio at the Great Lakes Fitness Center. Step: Tues. & Thurs.; 11:40 a.m.-12:30 p.m. Spin Classes take place in the Fitness Center's Spinning Studio. Advance sign-ups are recommended for this program. Mon., Wed. & Fri. 11:45 a.m.-12:30 p.m.; Mon. & Wed., 4:30-5:15 p.m.; Yoga Tues. & Thurs., 6 p.m. - 7 p.m.

Rynish Bowling Center (RBC)

Bldg. 180, 688-5612

Free Lunchtime Bowling

11 a.m.-1 p.m. every Tuesday and Wednesday.

Monday Special

RBC's Monday \$1 Bowling! All day! Bowling - \$1 per game!

Tuesday Specials

\$1 tacos at Parcheezi's! \$2 per game and \$1 shoe rental from 5 p.m.-close.

Wednesday Specials

Bowl two games - get the third game free from 5 p.m.-close.

Thursday Specials

\$2 per game and \$1 shoe rental from

5 p.m.-close.

Friday and Saturday Specials

Planet Bowl - Glow in the dark bowling from 9 p.m. - midnight: adults; \$12 /children (16 & under) \$10.

Family Bowling Special!

Sunday-Thursday -\$22 per lane (up to six people) -Two hours of bowling, one 16" one-topping pizza, and one pitcher of soda (shoes extra).

Hours of Operation: Sunday 3-10 p.m. Monday 5-10 p.m. Tuesday - Thursday 11 a.m.-10 p.m. Friday and Saturday 11 a.m.-midnight.

Great Lakes Outfitters (GLO)

Bldg. 4 (Courts Plus), 688-7769

Great Lakes Outfitters is MWR's headquarters for outdoor programs, rentals, clinics, trips and more! The hours of operation are Mon.-Fri., 10:30 a.m.-6 p.m. and Sat., 9 a.m.- 12 p.m.

Watch for upcoming details on Winterfest-Polar Bear Jump 2006 on Thurs., Feb. 9.

Call 688-7769 for further details.

Next Month

Alpine Valley Resort; Feb. 4 from 1:30 p.m. to 12:30 a.m. Cost is \$70 per person and includes lift ticket, rental, lesson, and transportation.

Indianhead Ski Resort; Feb 11-12. Departs at 4 a.m. and returns at 3 a.m. on the 12. Cost is \$200 per person and includes lodging, lift ticket, rental, and transportation based on quad occupancy.

Wilmot Mountain; on Feb. 18 from 8 a.m. to 5:30 p.m. Cost is \$65 per person and includes lift ticket, rental, lesson, and transportation.

Rental Center Highlights

Shaped Skis! Hit the slopes with downhill ski or snowboard gear from the MWR Rental Center! Check out the Center's X-

Country skis and boots! Also in stock are Snow Shoes! We rent Snowboards! Rent skates -Hockey Skates and Figure Skates for the whole family (adult & kids sizes) available!

More Rental Items

Snow Tubes, toboggans, sleds and ice augers! Buy great gear at value prices at the Great Lakes Rental Center's Brands: North Face, Climb High, Granite Gear, Crazy Creek, Outdoor Research, Jamis (bikes) and Native (sunglasses).

Great Lakes RV Campground

Bordering beautiful Lake Michigan, this year-round camping facility, has 20 concrete sites with electrical hook-ups, restrooms and nearby access to shower facilities. Other amenities include a beach with a beach house, fishing piers with a cleaning station, a playground, picnic areas and an archery range. Campers also have access to the Marina Rental Center and the Ship's Store, which sells firewood. Upon arriving, campers must register at the Great Lakes Outfitters Office (Bldg. 4).

Liberty the Loft

Bldg. 2A, 688-2214

The Loft is located on the third floor of Bldg. 2A. The Loft is always alcohol and smoke free. It is open daily from 10 a.m.-10 p.m. Admission is free unless otherwise noted for those ages 17 and up. Dependents and DOD employees are eligible, if space permits, on the day of the event. Register for all trips at the Loft during operating hours. For additional information, please call the Loft at 688-2214. Enjoy FREE Pool Tables Everyday!

Monday:

January 30: Retro Game Show Nite -

Let's Make a Deal, 7:30 p.m.

Tuesday:

January 31: Silver Screen Int'l (Asia) Cuisine Movie Nite: The Last Samurai, 7 p.m.

Friday:

January 27: 9-Ball Tourney, 5:15 p.m.

Saturday:

January 28: National Cosmetology Month - Free Make-Up Lessons!

Sunday:

January 29: Chinese New Year! Answer trivia questions -receive a free egg roll.

Automotive Skills Center (ASC)

Bldg. 2110 in Forrestal Village, 688-2457

This winter bring your car in to ASC for a "tune-up!" The ASC has the space, tools, equipment and technical assistance for people to make their own car repairs. This heated facility contains 14 repair stalls, 11 overhaul stalls, three lubrication racks, two self-service car wash stalls, a computerized engine systems analyzer, computer wheel balancing, disc and drum brake resurfacing and electric and gas welding. In addition, the center provides free technical information from the Alldata Automotive Information Programs on DVD from 1982 to present.

Auto Skills Center Sells Tires Wholesale!

Absolutely the cheapest tires you can buy anywhere... The Automotive Skills Center is now selling "Name-Brand" tires at wholesale prices - thanks to their new partnership with Waukegan Tire. These wholesale prices are only available through ASC. As always, stall rental and mounting services are offered at a truly low cost through the Center. Don't wait! Now is the time to replace those worn out tires at tremendous savings! Call or Stop by the ASC today!

Door Dings? Hail Damage?

The ASC has partnered up with the Optimum Dent Removal Company providing a paint less dent repair service. Please call the ASC for further details.

Discount prices - convenient service...

Napa parts and products are now available at ASC! The Automotive Skills Center now exclusively carries NAPA parts and products! With Napa's special delivery service, the ASC can facilitate the purchase and direct delivery of almost any auto part while customers continue to work on their cars. Not only is there the convenience of delivery and/or on-site inventory, but also Napa's prices are some of the best in the area! Stop by and use this valuable resource at ASC - auto parts supplier - NAPA of Waukegan. For further details, call 688-2457.

Try ASC's Superior Indoor Car Wash System!

Cannon 5000 featuring high-pressure soap, foaming brush and tire cleaning systems! Only \$4 per half hour.

The Wall

Climbing Wall Bldg. 4, 688-7769

The Wall is a 32 ft. climbing structure for both beginner and advanced climbers. The Wall has four auto-belays. For children, the minimum weight is 25 lbs. The Wall also provides children's shoes and harnesses.

Those interested in "roped" climbing may go through an orientation class (\$10 fee), which includes instruction on belaying, harnesses, safety and tying figure-8 knots (two complimentary day passes are included). This class is only mandatory for those who want to climb the roped routes, or want to attend the advanced classes. Orientation

Classes are held by appointment, only. Please call 688-7769 to set up an appointment.

ment. Hours... Mon.-Fri.: 4-8 p.m.; Sat: 11 a.m.-2 p.m. The Wall will close at 6 p.m. on WEDNESDAYS when Orientation Classes are scheduled. (Orientation Class: 6-8 p.m. by appointment, only).

Fees... \$5 day pass: includes climbing shoes, harness, auto-belay or roped routes, \$10 orientation class: includes two complimentary day passes

Climbers Competition...

New climbers are invited to test their skills against other new climbers by participating in this fun competition. The fastest times of the week receive a complimentary day pass. There are two timers available to record races.

Youth winter basketball begins its 2006 season

MWR Great Lakes Youth Winter Basketball League is in its first week of games. There are 94 youth participating in the league with 17 volunteer Coaches leading 9 teams this season.

Pee Wee League

(5-7 year olds)

Team 1 - Navy Federal Credit Union 0-0-1
Team 2 - Red Carpet Inn 1-0-0
Team 3 - Super 8 Motel 1-0-0
Team 4 - Taco Bell/Pizza Hut 0-0-1

Junior League

(8-10 year olds)

Team 1 - Greenbay Family Dental 0-0-1
Team 2 - Best Western 1-0-0
Team 3 - Armed Forces Bank 1-0-0
Team 4 - McDonalds 0-0-1

Senior League

(11-13 year olds)

Great Lakes Hornets - MWR Youth and Family Activity Center 1-0-0

Book gives overview of McNamara’s career

By LT. CMDR. YOUSSEF H. ABOUL-ENEIN
Bulletin Book Reviewer

The Fog of War: Lessons from the Life of Robert S. McNamara by James Blight and Janet Lang by Rowan and Littlefield Publishers, 4501 Forbes Blvd., Lanham, MD 20706, www.rowanlittlefield.com. 301 pages, 2005

Robert S. McNamara served as Defense Secretary for presidents John Kennedy and Lyndon Johnson. As I carried this book around reading between my kid’s karate class, a friend came up to me asked me what I was reading and was literally repelled, stating, I hate this guy.

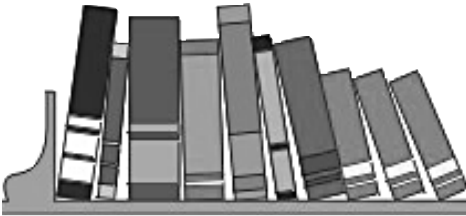
This sentiment does not surprise Americans who remember the Vietnam War have strong feelings towards McNamara. Yet one must take his entire life in totality, being a World War II veteran, joining President Kennedy’s cabinet in 1961, working to bring the United States and the Soviet Union from the brink of nuclear war over missiles in Cuba, the Vietnam conflict, decisions to escalate the war against North Vietnam and finally his tenure fighting poverty and disease as president of the World Bank.

In later life, McNamara is now over 90 years of age, he left our generation of military thinkers with hindsight and candid discussions over the way decisions are made in the complex world of America’s national policy decision-making.

I urge readers to watch the movie documentary *The Fog of War* (Sony Pictures, 2003, produced by Errol Morris) before or while reading this book. The movie contains 11 lessons (this book focuses on only five of them) which he has provided the public and America’s policymakers, on war, proportional response, exit strategy, perception, empathizing with an adversary and much more. McNamara could have simply taken this hindsight with him to the grave; instead he admits faults and conducts a public self-critique that will benefit the future.

The movie and book spoke to me, for I have had the honor and rare privilege to work in the Office of the Secretary of Defense for Policy from 2002 to the present, through Operation Enduring Freedom, Operation Iraqi Freedom and of course the Global War on Terrorism.

McNamara spoke to me because he discusses the why, who and rationale for right and wrong decisions under tremendous deadlines and pressures. I found the 107-minute film, the book and lesson plan developed by the Watson Institute of Brown University, and available at



<http://www.choices.edu/fogofwar/teacher-guide.pdf>, to be valuable tools for the serious student of American National Security Decision Making.

This review will not go over all five lessons but will highlight only two, the first being, empathize with your enemy.

Readers are taken into two major events in McNamara’s career: the Cuban Missile Crisis of October 1962 and the Vietnam War. In the case of Cuba, American advisors to President Kennedy empathized with Soviet premier Khrushchev and in the other American advisors could not comprehend the 1,000 year spirit of independence and colonial rule that seemed to immunize the North Vietnamese from what the West would consider unacceptable casualty levels.

Readers, along with McNamara, will be surprised to learn that Fidel Castro recommended the deployment of Soviet nuclear missiles on the United States and did not concern himself with the annihilation of his people.

Lesson two highlights how national leaders who are completely rational human beings can, despite themselves, demand a no-win nuclear option as discussed with Castro. But you will also read that American Air Force legend General Curtis LeMay saw the settlement of the Cuban Missile Crisis as a failure and recommended to Kennedy that the United States strike the Soviet Union while enjoying a 17 to 1 advantage in nuclear warheads and its delivery systems.

LeMay, a modern William Tecumseh Sherman, believed it was in the interest of the United States to inflict 100,000 casualties to shorten a war by shocking an adversary into submission. He was the architect of the World War II firebombing campaigns on Germany in Japan. This leads into lessons of proportionality in war and the question posed by American theologian Niebuhr who asked how much evil must we do in order to do good?

This is hard book to read in terms of challenging the limits of morality but provides you a glimpse of the difficult choices faced in deciding how nations deal with their security. Those interested in national policy decision-making or strategy and policy at the Naval War College courses will find this book and film of interest.



Chief of Naval Operations (CNO), Adm. Mike Mullen talks to Sailors at Commander, Fleet Activities Chinhae, Republic of Korea. Mullen is in Korea for a two-day trip to see the Naval facilities and Sailors as well as meet with the country’s officials and military leaders. U.S. Navy photo

CNO and MCPON visit Sailors in Korea

By JOURNALIST 1ST CLASS DAVID MCKEE, COMMANDER
U.S. Naval Forces Korea Public Affairs

SEOUL, Korea (NNS) — Sailors in the Republic of Korea (ROK) hailed Chief of Naval Operations (CNO) Adm. Mike Mullen and Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry Scott at facilities throughout the Republic of Korea (ROK) Jan. 18-19.

Mullen and Scott also toured the Joint Security Area (JSA) on the Demilitarized Zone (DMZ) and met with civilian and military officials in the cities Seoul and Chinhae.

This was Mullen’s first visit to the ROK since becoming the 28th CNO July 22. Mullen explained he was happy to be among Sailors who work in a region essential to a part of the world that is very important to U.S. national security.

“The stability that our armed forces - U.S. Navy in particular - provides is really critical,” said Mullen. “South Korea is a very important ally of ours.”

“I’ve had discussions with South Koreans and U.S. Navy personnel, and I have come away lifted with the relationship and our performance,” said Mullen.

The MCPON last met with Sailors in Korea during then-CNO Adm. Vern Clark’s visit with Navy leaders in Seoul in 2004. He again spent time with Navy enlisted personnel in Seoul including the Chief’s Mess.

“I can tell the quality of a command from the first moment I step on a ship and see the quality of the Chief’s Mess,” said Scott, who added that the expectations set on Navy chiefs are from the highest level in the Navy. “The CNO expects the chiefs to run the Navy.”

At CNFK headquarters on Yongsan Garrison in Seoul, Scott answered questions about uniforms, cost of living allowance and tuition assistance, during

which time Scott told enlisted personnel he is “inspired by what Sailors do every day” and appreciates their commitment to the mission in Korea and their role in the joint and combined environment

“Thanks for what you do,” he said. “I just love being part of an organization that has people like you. Our nation owes you a debt of gratitude for your service.”

Visiting the Republic of Korea was also an opportunity to see the JSA and the DMZ. Mullen, Scott and CNFK Rear Adm. James P. Wisecup took the opportunity to experience an important part of military history that most people only see in the news.

On their last day in Korea, Mullen and Scott attended and all-hands call at Commander, Fleet Activities Chinhae, where Mullen spoke with personnel about the significance of serving in the ROK.

“At such a critical time in history, in a critical time in our country, this is a really important region for long-term economic stability, long-term security and the ability to raise our families peacefully, not just in this part of the world but throughout the world,” Mullen said.

Mullen also met with U.S. Embassy Officials in Seoul, Ministry of National Defense Deputy Chief of Mission Mark Minton, CNO for the ROK navy Adm. Nam Hae-il, Chairman of the ROK Joint Chiefs of Staff Gen. Lee Sang-hee and ROK Defense Minister Yoon Kwang-ung.

CNFK is the regional commander for the U.S. Navy in the ROK and provides leadership and expertise in Naval matters to area military commanders, including the Commander in Chief for the United Nations Command, the ROK and U.S. Combined Forces Command, and Commander, United States Forces Korea. CNFK also serves as liaison to the ROK Navy, the Combined Forces Commander staff in armistice and in wartime and to the Commander, U.S. 7th Fleet based in Yokosuka.



Ship moors at NAS Pensacola

Commissioning Unit (PCU) Forrest Sherman (DDG 98) prepares to moor at NAS Pensacola. The destroyer is named after Adm. Forrest Sherman, the youngest man to serve as Chief of Naval Operations. U.S. Navy photo by Patrick Nichols

Hearing-impaired students



High school juniors and seniors from the Wisconsin School for the Deaf begin their visit to Great Lakes at the USS Whitehat in Building 122.



HT1 Michael Marden discusses ships, ratings, and his own Navy experiences, while interpreter Karla Reed signs along with him.



Students learn about the workings of the galley from Goodwill cook Dan Padfield.

Communication was no barrier when 40 junior and senior high school students from the Wisconsin School for the Deaf in Delavan, Wis. visited Naval Station Great Lakes. Students signed while two Goodwill Industries Food Service employees, as well as two principals, three hearing teachers, and three teachers' assistants, served as interpreters.

The day began with a tour of the USS Whitehat in Bldg. 122, followed by a windshield tour of Recruit Training Command, and lunch at Galley 535. Lunch participants included Rear Adm. Gary Jones, Commander, Naval Service Training Command, Navy Region Midwest; Capt. Richard Postera, commanding officer, and Cmdr. Hank Roux, executive officer, Naval Station Great Lakes; and Capt. Glenn Brunner, commanding officer, Training Support Center.

"Visiting Great Lakes was a highly educational opportunity for WSD students," said Marla Walsh, middle and high school principal. "Seeing the inside of the naval base, learning about Goodwill employment, and meeting all the staff and military personnel, captivated the students. They haven't stopped talking about the experience."

"I see a marvelous connection between the Nav...
tarian concern for the people of our country," Wals...
protecting the rights of U.S. citizens, but it is also...
zens."

Connie Gartner, supervisor of elementary and m...
that, "The visit was very very good for us. It showe...
able through Goodwill. That's an option they didn't...
red carpet for us"

Gartner noted that WSD has a career day every...
folks will come to our school," she said. "We're loo...
with Goodwill. Our visit was a marvelous experien...

Goodwill Industries has approximately 70 deaf/...
Lakes galleys, in various capacities such as cooks,...
supervisors.

"We invited you because we thought it would b...
said Ron Fry, Galley and Uniform Issue program di...
who presented each student with a Navy partnersh...
out of class today," he added with a smile.

"We're proud of our long-term relationship with...
WSD, which provides educational programs for...
ing students and those with multiple disabilities, v...
presented in American Sign Language (ALS) direct...
in the classroom. All staff members are skilled in t...

The school's youngest children, and those from...
while those from more distant counties are enrole...

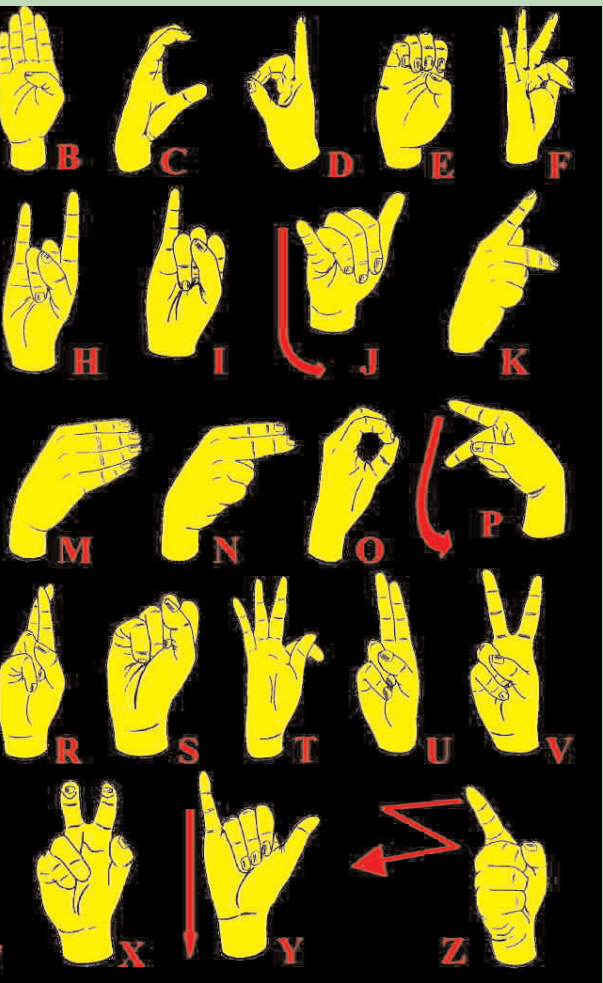


Story &



WSD Middle and High School Princ...
Glenn Brunner, commanding office...

ents enjoy Naval Station



& Photos by **JUDY R LAZARUS**
Bulletin Associate Editor

y and Goodwill that reflects the Navy’s humani-
sh added. “Not only is the Navy interested in
concerned with the quality of life of all citi-

multi-handicapped students at the school, said
ed our students the opportunities that are avail-
know they had. The Navy really rolled out the

year. “In the future I hope that the Goodwill
taking forward to a long and happy relationship
ce.”

hearing impaired employees working at Great
servers, scullery workers, crew leaders, and

e a great opportunity for you to see the base,”
rector/Navy Region Midwest business manager,
hip coin. “And we thought we ought to get you

Goodwill,” Fry added
preschool through twelfth grade hard-of- hear-
was founded in 1852. Classes and activities are
ly to the students with no need for interpreters
he use of sign language.
the local area, attend as day-school students
d in a residential program.



ipal Marla Walsh chats with Capt.
r, Training Support Center.



Goodwill’s Melanie McCabe, center, interprets as Rear Adm. Gary Jones chats
with Maritza Rios, supervisor at Galley 1128.



Cmdr. Hank Roux, Naval Station executive officer, and a WSD student com-
municate by the written word. Pads and pencils were supplied at galley tables
so that hearing and hearing-impaired lunch guests could “talk” to each other.



Following lunch at Galley 535, WSD students Chip Hurlbut and Josh Novak told
their hosts about their school and expressed appreciation for the invitation to
visit Naval Station.